

Outcome distribution by region (grid-render-v1)

Variable	Name of Exposure	Categories	Goal Name	Criteria	Classification measure	Standard error	Remarks	Column
Workout Schedule	Exercise Type	Cardio; Strength Training; Flexibility	Improved Fitness	Completion of at least 3 sessions per week	Minutes per session; Sets and Reps	5 minutes; 1 set	Adjust based on fitness level	A
Workout Schedule	Workout Intensity	Low; Moderate; High	Increased Endurance	Perceived exertion scale (RPE)	Heart rate; RPE score	10 bpm; 1 point	Monitor for over training	B
Workout Schedule	Workout Duration	<30 min; 30-60 min; >60 min	Time Management	Adherence to planned schedule	Total weekly workout time	15 minutes	Adjust based on time constraints	C
Diet	Macronutrient Intake	High Protein; Balanced; High Carbohydrate	Muscle Growth/Weight Loss	Grams of protein, carbs, and fats consumed	Weight change; Body composition	0.5 lbs; 1%	Monitor weight and body composition	D
Diet	Caloric Intake	Calorie Deficit; Maintenance; Calorie Surplus	Weight Management	Calories consumed vs. expended	Weight change	1 lb	Adjust caloric intake based on goals	E
Sleep	Sleep Duration	<6 hours; 6-8 hours; >8 hours	Improved Recovery	Hours of sleep per night	Sleep quality (measured by sleep tracker)	1 hour	Aim for 7-9 hours of quality sleep	F

Sleep	Sleep Quality	Poor; Fair; Good; Excellent	Enhanced Performance	Sleep score from wearable device	Sleep latency; Sleep efficiency	1 point	Track sleep quality to identify improvements	G
Stress Management	Stress Level	Low; Moderate; High	Reduced Stress	Perceived stress scale	Heart rate variability	5 bpm	Implement stress-reducing techniques	H